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Design Associates
Liam Cottrell
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RHYTHMIC CHALLENGE

Mila Marinova won the 2010 Rhythmic Challenge which took place in Colorado Springs at the Olympic Training Center, Feb. 5-6. Tatyana Belobukhina finished a close second and Stefania Crepe was third. Defending national champion Jessica Howard was forced to withdraw from the competition due to an injury.

16 SUMMER CAMP DIRECTORY

Check out where summer gymnastics camps are located. Register early because they fill up fast. Have fun!

20 VISA AMERICAN CUP SERIES

The Visa American Cup Series includes the RCA Gymnastics Challenge and the Azzurri Florence Gymnastics Invitational. Check out the results from these two events and discover who has earned the right to compete in the Visa American Cup.

For requesting autographs of the
M.A. Chatterjee, Chatterjee

24 WINTER CUP

Stephen McCain wins the 2000 Winter Cup Challenge which was held in Las Vegas, Nev., Feb. 11-12.

36 TRAMPOLINE & TUMBLING 2000 WINTER CLASSIC

The First Annual 2000 Winter Classic was held in Las Vegas, Nev., Jan. 15-16.

The first event of the year featured competitors from Levels 9, 10, Jr. Elite and Sr. Elite in individual trampoline, power tumbling, double mini trampoline and synchronized trampoline.



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	52
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37 JENNIFER PARILLA—BOUNCING TO THE TOP

Jennifer Perille will become the first USA trampolinists to compete at the Olympic Games. Jennifer tells us about her training, goals, and what she likes to do in her spare time.

22 SIGHTS SET FOR SYDNEY

Kendry's Ranch in Texas served as the first Women's Olympic Preparation Camp. The camp was the first in a series of monthly camps to be held in preparation for the 2000 Games in Sydney. Twenty-seven National Team members, current and former, participated in four days of intense and serious training. Much improvement was made and the gymnasts are definitely headed in the right direction!

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1. **Introduction**

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Robert V. Colaninzi
President of
USA Gymnastics

American Cup, which takes place in Orlando, Feb. 26. From the first two events, athletes qualified to compete in the Visa American Cup and the finale will determine the 2000 Visa American Cup Champion.

NBC Sports did a great job of showcasing the first two events. The *ICA Gymnastics Challenge* was a success with Morgan White and Jay Thomson being the top two gymnasts from the U.S. and also with the return of 1996 Olympic Medalist Amy Chow to the competition floor. Tasha Schwibert, Steve McClean and Brett McClure all gained valuable international experience.

The *Aussie Haircare Gymnastics Invitational* showcased Elise Ray, who won the all-around title, as well as two-time Olympian John Roethlisberger who took third all-around and was the top U.S. male gymnast. 1996 Olympian John Macready and Schwibert both did a good job representing the USA at this international event.

The *Rhythmic Challenge*, *Trampoline and Tumbling Winter Classic*, the *Men's Winter Cup* and the *Women's Olympic Preparation Camp* are all highlighted in this issue. The USA athletes continue to work hard and show progress in their training leading up to the Olympic Games scheduled for September 16-October 1 in Sydney, Australia.

The *Junior Olympic competitive season* is now in full swing as well. I hope things are going well in competitions all across the country. This is a good time to go back and review what your goals were for this year. Now is the time to focus on those goals, and to fully commit yourself to achieving them. Whether you are a first year competitor or planning to compete in the national championships, your attitude and work ethic in the gym will determine your level of success.

And lastly, in an effort to continue to provide adequate resources we have published an updated list of the *National Health Care and Sport Science Referral Network*. This network is comprised of health care practitioners with proven experience working with athletes. These professionals have met the criteria in their field set by the National Sport Science and Health Care Board of Consultants and have expressed an interest in partnering with local gymnastics programs to provide health care services for athletes.

I know you will enjoy this issue of *USA Gymnastics* and good luck with all of the upcoming competitions. **Watch for coverage of the Visa American Cup in the next issue!**

Bob Colaninzi

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Jeff Bellows from Jefferson Gymnastics at USA Gymnastics President Bob Colaninzi for his role calling the start signal to the Aussie Haircare Gymnastics Invitational. Thank you to Jeff's Gymnastics and all the clubs who participated in the 2000 season contest.



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2000 RHYTHMIC CHALLENGE

By Tracey L. Callahan Melnar



The 2000 Rhythmic Challenge, held in Colorado Springs, Colo., at the Olympic Training Center, Feb. 3-4, was a close race between veterans Mila

Marinova and Tatjana Brinkskaya. Brinkskaya, from London, Rhythmic, was slightly in the lead after day one of competition, but Marinova pulled ahead during day two of competition to win the title, scoring 34.304 to Brinkskaya's 34.284.

Twenty-five-year-old Marinova represented her native country of Bulgaria from 1984 to 1993.



MILA MARINOVA

As a Bulgarian Rhythmic Team member, her titles include 1990 Junior National Champion, 1993-91 Senior National Champion, silver medalist at the 1990 Goodwill Games and bronze medalist at the 1991 World Championships. Training under Ekaterina Anisimova in Bulgaria and currently in the U.S. at International Rhythmic

continues on page 41

"If you worry about winning, you won't.
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USA Gymnastics, a bimonthly magazine, is a benefit of membership from USA Gymnastics. The mission of USA Gymnastics magazine is to communicate with gymnasts, parents, coaches, judges, volunteers, clubs and fans of the sport in order to promote the programs, people, events and services of USA Gymnastics.

VISION To inspire and enable our members to achieve excellence in the sport of gymnastics and in life.

THE ORGANIZATION'S MISSION

The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics.

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In the last segment of this series, I wrote about how Mental Choreography can help you deal with fear in the gym. This article will help you work with negative thoughts that come into your head when you least expect them! Think about learning a new skill. What happens when you have loose body position? The skill is inconsistent, right? It is performed poorly and extremely hard to learn. It is the same with your mind. When your mind is "loose" negative thoughts "unleash" in causing fear and balking. Mental Choreography is one way to tighten up your mind, keeping it focused on what needs to happen instead of what you are afraid MIGHT happen. This article will teach you another exercise to overcome fear. It's called the "Two-Minute Turn-Around."

WHAT YOU THINK IS WHAT YOU DO.

We all know that thoughts create feelings and actions, right? Positive thinking creates positive actions, and negative thinking creates negative actions.

The Two-Minute Turn-Around helps you practice changing negative thinking so if you **change a channel on TV**. This takes some practice, so it is **very**



important you are patient with yourself. Being able to change negative thinking to positive is like a muscle. It needs to be worked and conditioned to gain strength. Doing a push-up one time does not make you strong. It is the same with mental exercises, they need to be practiced so your "mental muscles" become strong too.

IDENTIFYING YOUR BEAST AND BEAST THOUGHTS

"Alison, What are Beast thoughts?" you ask? (Good question!)

The **Beast** is the voice inside your head that beats you up. It tells you "I have to perform exceptionally to be OK."

You'll never be as good as you were last season." "You're fat." "I am nothing unless I live up to what others expect of me."

The **Beast** is merciless and most of the time leaves you discouraged and depressed. It is not helpful to you. This is the main difference between the **Beast** and other parts of you that help with motivation and evaluating performance. The **Beast** just beats you up while other parts of you help with motivation. A thought like, "I know I can do better" is motivating, while "Everyone was watching and you blew it all away" is self-debating. That is your **Beast** and **Beast thoughts**. As I mentioned above, the **Beast** is fueled by unrealistic expectations put upon you by yourself or others. It can also echo things you are afraid someone might say, making your greatest fears come true! Some **Beastly** messages are impossible like, "I need to be perfect all the time." It's important to be aware of messages you tell yourself that come from the **Beast**. These messages are barely over the truth. The **Beast** keeps you down and stands in between you and your goals. It is important to realize that everyone has a **Beast**. Your parents have negative **Beast** thoughts, even your coaches have **Beasts** and **Beast thoughts**. Beating your **Beast** thoughts and thinking positive is a life-long process. And **Beast** thoughts aren't simply in gymnastics. Many people have math **Beasts**, public speaking **Beasts**, and **Beasts** that come out when you are used at a friend. So, it's important to remember the two-minute turn-around as a skill you can use your entire life!

WHO CAN BEAT UP MY BEAST AND BEAST THOUGHTS?

The part of you that beats up your **Beast** is something I call your **Vision**. Your **Vision** is the ideal picture of the gymnast you want to be. She has all the qualities you admire in

BEATING THE FEAR BEAST

By Alison Arnold, Ph.D., C.P.C.

Member of the USA Gymnastics Health Care and Sport Science Referral Network



Ever have those days where you just feel like crud?

Where every thought is negative and you feel like crawling under a smelly gym mat and hiding?

other gymnasts and people you respect in your life. She is every positive thought you can think of. She is your ideal performance state. Imagine yourself feeling totally confident, aggressive, graceful, relaxed, and fearless. Imagine you are in "the zone," whatever that is like for you. This is your **Vision**. When you are firmly grounded on your **Vision**, nothing can throw you off. Not even negative **Beast** thoughts. Your **Vision** is all-powerful. She can tell off the **Beast**, ignore the **Beast**, laugh at the **Beast**, and beat up the **Beast**. Even when the **Beast** is roaring its loudest, your **Vision** can help you say "Go ahead, I've heard this before. This is an old tape...and it's boring," or "I know that isn't true. I know what the truth is." Your **Vision** is Your Truth. She cannot be pushed down and can beat any **Beast** thought.

continued on page 68

Positive thinking creates positive actions, and negative thinking creates negative actions.

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8

USA GYMNASIICS
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Central Mich. Univ.

8-9

LEVEL 9
REGIONALS (M)
Various sites

13-15

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CHAMPIONSHIPS (W)
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15-16

LEVEL 10
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MAY

20-25

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(M/W/R)
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28-30

LEVEL 9 EAST/WEST CHAMPIONSHIPS (W)
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4-7

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CHAMPIONSHIPS (M)
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5-7

J.O. NATIONAL
CHAMPIONSHIPS (W)
Scranton, MI

11-15

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12-14

J.O. NATIONAL CHAMPIONSHIPS
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19-21

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23-28

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26-30

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1-4

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3-4

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23-25

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24-25

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27-JULY 3

J.O. NATIONAL
CHAMPIONSHIPS (R/TU)
Cincinnati, OH

WORLD CUP
COMPETITION
3 SITES (TU)
Canada & U.S.

TEAMWYNN JUDGES
SYM. COACH (GG)
Edgar University, Albany,
GA

7-9

U.S. CLASSIC/NATIONAL
GYMNASIICS FESTIVAL (W)
Lake, OH

8-9

RYTHMIC EAST
CHAMPIONSHIPS (R)
TBD

26-29

JOHN HANCOCK U.S. GYMNASIICS
CHAMPIONSHIPS (M/W/R/TU)
St. Louis, MO

YOUTH AND INSTRUCTOR CAMP (GG)
St. Louis, MO

AUGUST

National Gymnastics Day

AUGUST 12, 2000



12
NATIONAL GYMNASSTICS DAY

15-20
U.S. OLYMPIC TRIALS (M/W/R)
Boston, MA

18-20
USA GYMNASSTICS NATIONAL CONGRESS
Boston, MA

SEPTEMBER

16-OCTOBER 1
OLYMPIC GAMES (M/W/R/TU)
Sydney, AUS

OCTOBER

13-15
NATIONAL TOPS TESTING—EAST (M)
Indianapolis, IN

TBD—2001
POST-OLYMPIC TOUR
(M/W/R/TU/TH)
TBD

20-22
NATIONAL TOPS TESTING—WEST (M)
Phoenix, AZ

20
REESE'S GYMNASSTICS CUP
New Orleans, LA

10-11
PONTIAC INTERNATIONAL TEAM CHAMPIONSHIPS (M/W SRs.)
Richmond, VA



Alysa Beland

NOVEMBER

13-15
FIG CONGRESS
Munich, GER

17-19
USA GYMNASSTICS EXECUTIVE COMMITTEE/BOARD MEETINGS
Indianapolis, IN



EVENTS ON TV

TBD
PAGU CHILDREN'S INTERCLUB CHAMPIONSHIPS
Mexico

JR. PAN AMERICAN CHAMPIONSHIPS
Buenos Aires, ARG

FUTURE STARS NATIONAL CHAMPIONSHIPS (M)
TBD

COACHES WORKSHOP (M)
TBD

FALL TEAMGYMN CLASSIC (GG)
TBD

EVENT	TV DATE	NETWORK	TIME (EST)
JOHN HANCOCK U.S. GYMNASSTICS CHAMPIONSHIPS July 28-29 ■ St. Louis, Missouri	July 29 (W) July 30 (W) August 5 (Sat)	NBC Sports	8:00-9:00 p.m. 7:00-8:00 p.m. 9:00-4:00 p.m.
U.S. OLYMPIC TRIALS August 15-20 ■ Boston, Illinois	August 19 (W) August 20 (Th) August 21 (W)	NBC Sports	8:00-10:00 p.m. 12:00-3:00 p.m. 7:00-9:00 p.m.
REESE'S GYMNASSTICS CUP October 20 ■ New Orleans, La	November 18	NBC Sports	2:00-4:00 p.m.
PONTIAC INTERNATIONAL TEAM CHAMPIONSHIPS November 10-11 ■ Richmond, Va	December 18 (M) December 17 (W)	NBC Sports	2:00-4:00 p.m. 2:00-4:00 p.m.

For Olympic Trials event information call 817-221-2490

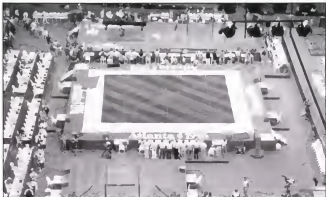
DECEMBER

6-10
NATIONAL TOPS TRAINING CAMP (M)
Tulsa, OK

14-20
FIG MEN'S INTERCONTINENTAL JUDGES COURSE (M)
Poznan, CZE

16
TRAMPOLINE WORLD CUP FINALS (M)
Dresden, GER

All dates and events subject to change or cancellation



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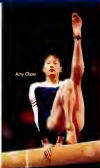


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By Lynn Perrele

To commemorate the 25th anniversary of the American Cup, USA Gymnastics expanded the format to a three-event Visa American Cup Series, featuring some of the world's top gymnasts.



The RCA Gymnastics Challenge took place January 14 in Las Vegas, Nev., and the Aussie Haircare Gymnastics Invitational took place January 29 in St. Petersburg, Fla. These competitions were the preliminary events in the Visa American Cup Series. The top four male and top four female gymnasts from each of the two qualifying events, with a limit of one USA gymnast per event, qualified for the Visa American Cup which will take place Feb. 26 in Orlando, Fla., and will be featured in the May/June issue of USA Gymnastics magazine.

RCA**Gymnastics Challenge****RCA GYMNASTICS CHALLENGE**

Alexey Bondarenko from Russia, led the entire competition and won the all-around title with a score of 55.474. Bondarenko's scores ranged from a high on pommel horse of 9.525 to a low on high bar with an 8.525. He won both the floor and pommel horse event titles. On pommel horse he performed a variety of skills and had great form, while on floor he mounted with a double twisting double back and did an expressive floor sequence. Bondarenko is the silver medalist on parallel bars from the 1999 World Championships and the all-around silver medalist from the 1997 World Championships.

Bondarenko was followed by Eric Lopez Rios from Cuba with a 55.373. Eric started off slow on floor, scoring an 8.187, however, his scores of 9.412 on pommel horse, 9.575 on rings and 9.637 on vault helped him climb to second place in the all-around rankings. He also earned both the rings and vault titles.

USA's Jay Thornton finished third all-around with a score of 54.149. Thornton showed consistency on all six events with high scores of 9.325 and 9.362 on parallel bars and high bar, respectively.

continued on page 22



MGM Grand Garden Arena
January 18, 2000

Jay Thornton

Stephen McCann

Dana Producers

Morgan White

Brett McCann

continued from page 22

USA's best McClure finished .138 behind Thornton to place fourth in the all-around. McClure was a last minute replacement for the Ukrainian gymnast whose visa was not issued in sufficient time. "I found out yesterday that I was competing," said McClure. "I have not been doing a lot of routines, but I looked at the event as a test and to get another event under my belt."

Spain's Jesus Corbalan Jr., who is the 1999 World Champion on high bar, won both parallel bars and high bar titles using unique moves and combinations. However, he scratched floor and vault due to an injury.

On the women's side, Russia's Elena Produnova won the all-around with a score of 37.775, and earned the vault and floor titles, as well. Elena, who is known for her power, was the all-around bronze medalist at the 1997 World Championships and finished fourth all-around at the 1999 World Championships.

Belarus' Alena Poleschova finished second with a 37.150 with Spain's Laura Martinez to third with a 37.125. Martinez also won the beam title with a score of 9.50 using a round off layout mount and an interesting straddle jump into a back hip circle. USA's Morgan White took fourth all-around with a 36.537. Morgan started the event off a little slow on vault scoring on 9.613, but turned up the heat on bars and beam where she scored a 9.50 and 9.40, respectively.



Olga Boy



John Murnane

Tasha Schwilke

USA's Tasha Schwilke gained valuable international experience when she was asked to compete the day prior to the competition as a replacement for the Ukrainian gymnast who could not get a visa in sufficient time. Tasha finished 8th in the all-around, scoring 36.350.

1996 Olympic Gold Medalist Amy Chow finished sixth with a 35.850. Chow, who won the silver medal on bars at the 1996 Olympics, showed she can still swing a great bar routine when she tied for first with Alena Poleschova with a score of 9.575.

AUSSIE HAIRCARE GYMNASTICS INVITATIONAL

Russell Martin (Oregonside) took home the all-around title at the Aussie Haircare Gymnastics Invitational with a score of 56.565. He also took first on floor, scoring a 9.450, and earned first on vault, scoring a 9.742 for his incredible front handspring double front full set vault. Martin finished fourth on vault at the 1999 World Championships, just missing a bronze medal by .294.



St. Petersburg, Florida
Raymond Corbin • January 29, 2000



Allison Boke

Bulgaria's Denis Kossovitch took second all-around with a 55.950 and also won gold on the parallel bars with a very clean routine. Denis is no stranger to international competition. In fact, he helped his team to a third place medal at the 1999 World Championships.

USA's John Roethlisberger finished a close third with a 55.784 and took first on pommel horse with a 9.537. He said prior to the event, "I look back to 1995 and 1998 when I won the American Cup and it gave me such confidence to know I can compete against the rest of the world. In '98, I was a boost for me to go on to the Olympics after winning the American Cup title. I earned respect among other international athletes and judges. This year I want to go in and have one more shot at the title." John earned the right to compete in the finals and still has a shot at the title.

Bulgaria's Jordan Jovchev took fourth all-around after being out of training for several weeks due to a trip to Bulgaria and the flu. He seemed pleased with the outcome considering the short time he had to prepare.

1998 Olympian John Macready, who moved to Minnesota to train a few months ago, finished fifth all-around and won high bar with his newly upgraded routine.

continued on page 34

Marina Stogulescu



*Marina Stogulescu and
 Ryan Top—2000 Aussie
 Haircare Gymnastics
 Invitational Champzons*



The Winter Cup Challenge was an exciting competition, with several gymnasts alternating for the lead throughout the competition. The event showcased many talented gymnasts and showed much depth in the men's program. The event took place in Las Vegas, Nev., Feb. 11-12.

MCCAIN WINS WINTERCUP CHALLENGE

After the preliminary round of competition, Team Mexico-Houston's Sean Townsend had a strong lead over his nearest competitor, Steve McCain, with a score of 56.500 to 55.050. Tetsu Tanaka was the clear leader after five rounds of competition, but elected to scratch from his final event, rings, to rest his shoulder.

In the all-around final competition, McCain from Team Mexico-USO/TO, came back strong scoring a 9.00 on pommel horse and a 9.40 on rings to win the 2000 Winter Cup Challenge all-around competition. His total all-around score was a 55.500. "This was the most fun I have had at a meet in a long time," said McCain. "I wasn't afraid to get physical tonight and it felt great."

Team Mexico-Colombia's Trent Wells placed second, scoring 54.500. Wells performed an exceptional parallel bars routine, scoring a 9.00 and tying University of Michigan's Justin Toman for the top score on that event. Wells' coach Barry Weiner said, "We were very pleased with Trent's performance. The Winter Cup was the first big meet of the Olympic year and I feel this confirms him as a definite contender for the Olympic Team."

continued on page 48

STEVE MCCAIN

"This was the most fun I have had at a meet in a long time. I wasn't afraid to get physical tonight and it felt great."

Photo by Tommie H. H. H.

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CANBERRA

Orlando Yanesky Tydal

CUP

By USA
Judge and
Malagutsk Leader
Natalia Nikolova

The Canberra Cup was held December 12-13 in Canberra, Australia. Armino Talbert, 14, and Lindsay Madden, 13, from World Olympic Gymnastics in Plano, Texas, were the U.S. competitors. Both gymnasts, coached by Valerie Isakov and Eugene Marchenko, impressed the judges with their technique and power. Lindsay took both of the second and last silver medals; go-vault and bars and a bronze medal on beam.

BUGATSK
UPGRADE
DECEMBER 11-12

KORBOCHINSKY-
MITSUTSU
CHAMPIONSHIPS

By Dennis Malyniuk

A national team group made up of Brett McClure, Morgan Harris, and Michael Doane, Adam Brown and Stephen Gaudette traveled to Moscow, Dec. 5-12, 1999, to take with the Russian or Russian team and compete at the Korbochinsky-Mitsutsu Championships. This was a difficult but very successful trip for the U.S. team. It was difficult mainly due to the amount and type of travel required and the competition situation. The team arrived and trained in Kiev at the Ukraine Olympic Complex for the first four days. Then there was an 18-hour train ride from Kiev to Lugansk for the competition. The event itself featured three sessions over two days. The first session was an all-around session consisting of ages 13 and under. The second session was a team competition for athletes ages 16 and over and featured a four-man team with three sports competing. The third session was held on the second day of competition and featured individual event finals. The participating countries were Russia, Poland, Ukraine and the United States. Because of the short format, training went virtually non-stop with no breaks, giving them into three separate teams. Russia and Poland had strong teams made up of senior team members. The competition equipment and meeting proved to be a challenge for all the teams. The competition had more surface and extended with an enthusiastic crowd.

Morgan Harris

Even though all of the U.S. team competitions were between 14 and 16 years old, our team of 4 very well in the competition. Lindsay scored on a team behind Russia. Brett McClure was the all-around and Morgan Harris finished as a three-way tie for third. Although the official results place him in 18th due to his and individual event scores, Brett also managed to win four and high bar, place second on vault and third at pommel horse in the individual event finals. Morgan finished in third place at four. Other U.S. placements in individual event finals were:

FORMER HORSE: Morgan Harris 6th, Michael Doane 7th
STILL RINGS: Brett McClure 6th
INDIVIDUAL BARS: Brett McClure 5th, Todd Thornton 6th, Morgan Harris 7th

Tall to left: Brett Thornton, Brett McClure, Morgan Harris, Stephen Gaudette, Adam Brown, and Michael Doane.

From left: Valerie Isakov, Eugene Marchenko, Lindsay Yanesky Tydal, and Armino Talbert.

1999 CHUNICHI CUP TRIP REPORT

The Chunichi Cup was held December 11-12, 1999 in Nagoya, Japan. Brett Golder, coach of the University of Michigan, was the USA coach and Amy Brown and Scott Waters were the staff. Valerie Korbochinsky and Tamasz Micsak were the U.S. Olympic Training Center with a coach Ben Becht and Andy Marchenko.

There was a strong field of athletes in the 1999 Chunichi Cup. Of the 13 men competing, nine competed in the all-around finals of the 1999 World Championships.

Valerie and Tamasz had a rough competition and finished 11th and 12th respectively in the all-around. Valerie qualified for bronze on all apparatus except for high bar, but did not win medals in the finals.

By Dennis Malyniuk
Delegation Leader USA

ALL AROUNDING
Tobias 1st 9.55
2. Korbachinsky 2nd 9.45
3. Brown 3rd 9.35
4. Waters 4th 9.25
5. Becht 5th 9.15
6. Marchenko 6th 9.05

The coaches, Wiley Morsch and Ben Becht, did a great job of managing the team and keeping the guys focused given the difficult situation the competition presented. Also, Ben Becht had the team for our 1999 men's Olympic team, considering the team, and was a valuable asset keeping everyone healthy and a good physical condition for the trip.

This competition turned out to be everything that it was expected to be in a very high level event under difficult conditions meant to challenge and educate our athletes. The gymnasts were well prepared, supported very well by every station, took everything in stride and impressed everyone of the competition with their level of competence.



NATIONAL TOP TRAINING CAMP REPORT

December 8-13, 1999, marked the eighth annual National TOP (Talent Opportunity Program) Training Camp. This camp is the culmination of State Regional and National testing that was conducted by the Regional and National Coaching staff as an attempt to identify talented young athletes in the sport of gymnastics. Two thousand gymnasts attended the testing process in the month of late-year July with 82 of these athletes being invited to the training camp. The athletes, along with their coaches, worked with the National Coaching Staff for three days on gymnastics basic skills. The camp also included lectures and round table discussions for the coaches in the evenings. Special awards were given to Morgan White (National TOP Team Member '92 & '93 for her accomplishments in international competitions) and the Shirley Maysink Award (presented to an individual that has been instrumental to the TOP's program) was presented to Ludo and Wayne Brinkhorst owners of Tulsa World of Gymnastics and host of the past six National TOP Training Camps.

TOP'S ADDITION

Ashleigh Austin, from Charleston, South Carolina, recently left all the rest of 7-8 year olds on the TOP's National Team in the last issue. We recognize Ashleigh and congratulate her for making the team!

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Photos of Dominique Moceanu and Blaine Wilson © Dave Black

RESULTS

USA Gymnastics is the lead team in purple on the left



by Gary Warren

A women's sister competition between the USA and France took place at the Uppa Halls Arena on the campus of the University of Oklahoma, Dec. 16.

The USA Stripes team which consisted of Kristal Moscar (Portland), Courtney Capen (Orion), Rachel Todd (BCTGA), and Tishko Yen (Kiddend) took first place with a score of 111.80. The USA Stripes team took a close second with a score of 110.40. The team from included Ten in Playboys (Glen American), Thomas, Amanda Moscar (Glen American), Ashley Bradley (Glen American), and Jessica Moscar (Heart Center). The French team took third with 108.175 followed by France Red team.

The USA Stripes team was led by 12-year-old Moscar who captured the all-around gold medal with a score of 37.71.25. Yen, second the all-around silver medal with a score of 36.920 and 12-year-old Todd took the all-around bronze medal with a score of 36.7075.

The gymnasts also participated in an exchange training camp for the next two days following the competition of Best Gymnastics.

USA Junior Women Capture Gold over France

	USA	FRANCE	FRANCE	FRANCE	FRANCE
Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125

USA Stripes 111.80

Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125

USA Stripes 111.80

Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125

USA Stripes 111.80

Final Score	111.80	110.40	108.175	107.125	106.125
Final Score	111.80	110.40	108.175	107.125	106.125
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USA Stripes 111.80

Final Score	111.80	110.40	108.175	107.125	106.125
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USA Stripes 111.80

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USA Stripes 111.80

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USA Stripes 111.80

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UPDATE

PETER VIDMAR WRITES BOOK ENTITLED **SPORT PSYCHOLOGY LIBRARY: GYMNASTICS**

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Many gymnasts have the physical attributes, but they often lack the mental skills needed for peak performance. In this book, Olympians Sherron Milley, Amanda Border, Joyce Phelps, Kent Ling, and Tim Duggan discuss how mental skills made them champions.

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It is time for all qualified gymnasts to apply for the 2000 Junior Olympic Program Academic All American Regional Awards. All eligible competitive athletes, who are specified in grades 9, 10, 11 or 12 and have a Competitive Grade Point Average of 3.5 or higher (on a 4.0 scale), are eligible. Applicants must submit a completed application form, along with two letters of recommendation, a biographical sketch and a \$5.00 application fee to USA Gymnastics by April 15th. A complete program description can be found in the USA Gymnastics Men's & Boys and Policies or on line at www.usagym.org/usa/boys.html.

GREGORY YOUNG

OCTOBER 18, 1985- JANUARY 23, 2000

Gregory Young, 14, died on January 23 due to complications from the flu. Gregory was a graduate of Juvisia School of Gymnastics in Wilkesboro, Pa. and his team won national Pittsburgh Penguins. He was a Pennsylvania State Champion and medalist in 1999 as a Class IV at Pennsylvania. Gregory competed as a Class III in 2000 and won the all-around in his first two weeks of the season. He was on route to make Nationals this year as a Class II. Gregory was a contributing letter to his team team winning the "Best in the State" award in 1999 and will be sadly missed by all.

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On the women's side, USA's Elaine Ryan and Australia's Allison Slater went head-to-head. In the end, Ryan won the title scoring 38,167 to Slater's 38,112 in a closely matched competition. Ryan also won three of the event finals including vault (9.387), beam (9.700), and floor (9.700), while Slater took first on bars (9.650).

Slater finished ninth all-around at the 1999 World Championships and helped her team to a fifth place finish.

USA's Tasha Schwertl took third all-around scoring 37,300. Tasha scored a 9.335 on vault, 9.45 on bars, and 9.625 on floor, but took a fall on beam which dropped her in the rankings.

QUALIFICATION TO FINALS

Three-time American Cup Champion Elaine Wilson was granted a special exemption by USA Gymnastics President Bob Coleman to compete in the Visa American Cup finals based on his recovery from minor shoulder surgery following the 1999 World Championships. To allow for Wilson's participation, only the top-scoring U.S. male gymnast from either the RCA Gymnastics Challenge or the Aussie Haircare Gymnastics Invitational will advance to the finals.

RESULTS

RCA GYMNASTICS CHALLENGE

Women's All-Around Standings

Rank	Name	Country	Vt	UB	BB	FB	AA
1	Elina Produnova	RUS	9.300	9.500	9.000	9.600	37.400
2	Alena Polakova	BUL	9.100	9.375	9.400	9.600	37.475
3	Laura Martinez	ESP	9.200	9.025	9.600	9.500	37.325
4	Morgan White	USA	9.050	9.600	9.000	9.625	36.275
5	Tasha Schwertl	USA	9.175	9.075	9.000	9.200	36.450
6	Amy Chow	USA	9.175	9.275	9.225	9.725	36.399
7	Maria Gomes	BRA	9.000	9.200	9.725	9.725	36.150
8	Lisa Mason	GBR	9.250	9.000	9.000	9.500	4.100

Men's All-Around Standings

Rank	Name	Country	Vt	UB	BB	FB	AA
1	Alamy Bondarenko	RUS	9.200	9.25	9.00	9.175	36.625
2	Eric Lopez-Rios	CUB	9.100	9.400	9.00	9.600	36.100
3	Jay Thornton	USA	9.025	9.150	8.800	9.025	35.999
4	Brett McClure	USA	9.000	9.425	9.200	9.100	36.725
5	Jorge Giraldo	COL	8.975	9.175	8.800	9.200	36.150
6	Zoltan Szabo	HUN	8.400	9.300	8.975	9.100	35.675
7	Stephen McCann	USA	9.120	9.100	9.000	9.100	36.320
8	Jesus Carballe Jr	ESP	9.000	9.100	9.400	9.000	36.500

Men's Event Championships

Floor Exercise	Alamy Bondarenko	RUS	9.200
Pommel Horse	Alamy Bondarenko	RUS	9.525
Still Rings	Eric Lopez-Rios	CUB	9.575
Vault	Eric Lopez-Rios	CUB	9.637
Parallel Bars	Jesus Carballe Jr	ESP	9.475
High Bar	Jesus Carballe Jr	ESP	9.475

Women's Event Championships

Vault	Elina Produnova	RUS	9.300
Uneven Bars	Amy Chow	USA	9.575
	Alena Polakova	BUL	9.575
Balance Beam	Laura Martinez	ESP	9.500
Floor Exercise	Elina Produnova	RUS	9.600

AUSSIE HAIRCARE GYMNASTICS INVITATIONAL

Women's All-Around Standings

Rank	Name	Country	Vt	UB	BB	FB	AA
1	Elaine Ryan	USA	9.300	9.500	9.200	9.150	38.150
2	Allison Slater	AUS	9.120	9.600	9.600	9.680	38.000
3	Tasha Schwertl	USA	9.000	9.600	9.000	9.625	37.225
4	Li Wei	CHN	9.110	9.000	9.075	9.500	36.685
5	John Shlangen	UKR	9.100	9.020	9.100	9.000	36.220
6	Alina Tokarenko	BUL	9.050	9.075	9.075	9.100	36.300

John Rothlisberger was the highest scoring U.S. gymnast and will compete in the Visa American Cup along with Elaine. In the event Elaine is unable to compete, Jay Thornton will advance to the finals.

Following the conclusion of the RCA Gymnastics Challenge and the Aussie Haircare Gymnastics Invitational, the following athletes are qualified to the Visa American Cup in Orlando, Fla. on February 26:

WOMEN'S COMPETITORS:

Morgan White (USA)
Elaine Ryan (USA)
Allison Slater (AUS)
Alena Polakova (BUL)
Li Wei (CHN)
Laura Martinez (ESP)
Elina Produnova (RUS)
John Shlangen (UKR)

MEN'S COMPETITORS:

John Rothlisberger (USA)
Elaine Wilson (USA)
Dmitri Kopersvich (BLR)
Jordan Jovtchev (BUL)
Jorge Giraldo (COL)
Eric Lopez (CUB)
Marian Dragulescu (ROM)
Alamy Bondarenko (RUS)

AWARDS

The Visa American Cup Series will award over \$150,000 in total prize money throughout the three events. For the RCA Gymnastics Challenge and the Aussie Harbore Gymnastics Invitational, the following were awarded:

1st Place All-Around
\$10,000

2nd Place All-Around
\$ 5,000

3rd Place All-Around
\$ 2,000

1st Place Individual Events
\$ 500

Congratulations to all the Visa American Cup finalists. Looking at the rest of the season, the final event should be spectacular!

7	Martina Raganelli	ITA	1181	1455	1735	1331	5702
8	Monique Nijhuis	NED	1159	1471	1558	1325	5413

Men's All-Around Standings

Rank	Name	Country	VT	BE	VB	VN	FL	HE	AA
1	Marion Dröggelous	BCH	1418	1405	1563	1762	1701	1337	5469
2	Omer Koppenhach	BEL	1337	1405	1581	1787	1557	1337	5468
3	John Roeflindinger	USA	1390	1557	1581	1688	1590	1311	5276
4	Jordan Jentzen	BEL	1328	1558	1491	1888	1711	1250	5467
5	John Macready	USA	1417	1375	1447	1875	1881	1412	5431
6	Li Dasha	CHN	1550	1485	1488	1375	1482	1427	5619
7	Diego Lazzari	ITA	1390	1389	1325	1412	1871	1480	5182
8	Igor Gouine	ITA	1330	1270	1350	1658	1715	1375	5180

Men's Event Champions

Floor Exercise	Marion Dröggelous	BCH	9,400
Parallel Bars	John Roeflindinger	USA	9,537
Still Rings	Jordan Jentzen	BEL	9,673
Vault	Marion Dröggelous	BCH	9,762
Parallel Bars	Omer Koppenhach	BEL	9,537
High Bar	John Macready	USA	9,612

Women's Event Champions

Vault	Ella Roy	USA	9,387
Uneven Bars	Ella Roy	USA	9,750
Balance Beam	Allene Sater	AUS	9,680
Floor Exercise	Ella Roy	USA	9,750

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TUMBLING

JUNIOR ELITE/FEMALE	Total
1. Emily, Emily Spartan Falls, Ind.	11.40
2. Jennifer, Jenny Sage Hill, Ind.	10.40
3. Victoria, Emily Spartan Falls, Ind.	10.40

JUNIOR ELITE/MALE	Total
1. James, Ryan Arlene, Ark.	11.20
2. James, Ryan Arlene, Ark.	10.40
3. Michael, Ryan Arlene, Ark.	10.40

TRAMPOLINE

JUNIOR ELITE/FEMALE	Total
1. Sarah, Meghan Spartan Falls, Ind.	10.40
2. Sarah, Meghan Spartan Falls, Ind.	10.40
3. Sarah, Meghan Spartan Falls, Ind.	10.40

JUNIOR ELITE/MALE	Total
1. Brandon, Brandon The High Jumpers	10.40
2. Brandon, Brandon The High Jumpers	10.40
3. Brandon, Brandon The High Jumpers	10.40

JUNIOR ELITE/FEMALE	Total
1. Ben, Brandon Sage Hill, Ind.	10.40
2. Ben, Brandon Sage Hill, Ind.	10.40
3. Ben, Brandon Sage Hill, Ind.	10.40

JUNIOR ELITE/MALE	Total
1. James, Ryan Arlene, Ark.	11.20
2. James, Ryan Arlene, Ark.	10.40
3. James, Ryan Arlene, Ark.	10.40

SYNCHRONIZED TRAMPOLINE

JUNIOR ELITE/FEMALE	Total
1. Sarah, Meghan Spartan Falls, Ind.	10.40
2. Sarah, Meghan Spartan Falls, Ind.	10.40
3. Sarah, Meghan Spartan Falls, Ind.	10.40

JUNIOR ELITE/MALE	Total
1. Brandon, Brandon The High Jumpers	10.40
2. Brandon, Brandon The High Jumpers	10.40
3. Brandon, Brandon The High Jumpers	10.40

SENIOR ELITE/FEMALE

1. Emily, Emily Spartan Falls, Ind.	11.40
2. Jennifer, Jenny Sage Hill, Ind.	10.40
3. Victoria, Emily Spartan Falls, Ind.	10.40
GRAND TOTALS	

JUNIOR ELITE/MALE	Total
1. James, Ryan Arlene, Ark.	11.20
2. James, Ryan Arlene, Ark.	10.40
3. James, Ryan Arlene, Ark.	10.40

SYNCHRONIZED TRAMPOLINE

JUNIOR ELITE/FEMALE	Total
1. Sarah, Meghan Spartan Falls, Ind.	10.40
2. Sarah, Meghan Spartan Falls, Ind.	10.40
3. Sarah, Meghan Spartan Falls, Ind.	10.40

JUNIOR ELITE/MALE	Total
1. Brandon, Brandon The High Jumpers	10.40
2. Brandon, Brandon The High Jumpers	10.40
3. Brandon, Brandon The High Jumpers	10.40

JUNIOR ELITE/FEMALE	Total
1. Ben, Brandon Sage Hill, Ind.	10.40
2. Ben, Brandon Sage Hill, Ind.	10.40
3. Ben, Brandon Sage Hill, Ind.	10.40

JUNIOR ELITE/MALE	Total
1. James, Ryan Arlene, Ark.	11.20
2. James, Ryan Arlene, Ark.	10.40
3. James, Ryan Arlene, Ark.	10.40

JUNIOR ELITE/FEMALE	Total
1. Sarah, Meghan Spartan Falls, Ind.	10.40
2. Sarah, Meghan Spartan Falls, Ind.	10.40
3. Sarah, Meghan Spartan Falls, Ind.	10.40

JUNIOR ELITE/MALE	Total
1. Brandon, Brandon The High Jumpers	10.40
2. Brandon, Brandon The High Jumpers	10.40
3. Brandon, Brandon The High Jumpers	10.40



Ryan Worton



Kieran McNeble

Jennifer Schur

Trampoline and tumbling artists were treated to the first national event of the year, January 15-16, in Las Vegas, Nevada. Held at the MGM Grand Hotel Arena, the 2nd Annual 2000 Winter Classic saw competitions from Levels 5, 10, Jr. Elite and Sr. Elite in individual trampolines, power tumbling and double mini-trampoline. Level 10, Jr. Elite and Sr. Elite athletes also competed in the synchronized trampoline event.

Results for the Jr. & Sr. Elites are listed to the left.

Karen Shaw and Joe Decker (SR) present's tumbling event at this competition.

Jennifer Parilla has been a member of the USA Trampoline and Tumbling National Team for five years. She's coached by Robert Null and trains at Southern California Trampoline Academy. Jennifer turned 19 on January 9 and lives in Lake Forest, Calif.

WHAT MAKES JENNIFER SPECIAL?

She will be the first trampolinist from the U.S. to compete in the Olympic Games. "This is one of the biggest accomplishments anyone could hope for" said Jennifer. "I'm very excited to compete and go through the Olympic experience." Jennifer confessed that as she was growing up she always dreamed of being in the Olympics and would watch the Games on TV and think, "I wish that was me." In fact, as a sixth grader Jennifer wrote a poem about being in the Olympics. "It's the ultimate dream," she added.

The International Gymnastics Federation voted to add trampolines to the Olympic Games as a full medal sport beginning with the 2000 Games in Sydney, Australia. Jennifer qualified to the Olympics by her outstanding performance at the 1999 World Championships in San City, South Africa last fall. She has continued to train hard and perfect her routines. "I'm working my body to complete maximum in training right now," said Jennifer. "I'm very disciplined, on a rigorous schedule and I will put everything I have into the Games when I compete."

What can you expect to see from Jennifer? She occupies a barrel-in-full-out in straight position, a Tiffins (a triple front with half twist on the third flip) and a full-in full-out straight, just to name a few skills. Known for her power and tight form, Jennifer says the best part of trampolining is the sport itself and having the freedom to jump as high as you can. "I feel like there's no limit to how many tricks and flips I can do and I love that." She also enjoys traveling, competing and seeing the world. Her favorite place to visit is

Jennifer Parilla Bouncing To The Top

By Dave Perini



Port Lario, Italy, which is very similar to California, and anywhere there is friends. Jennifer has traveled to 14 countries from China and Japan through to her home, Mexico, where she lives a 2,000 square foot life.

When asked how she got started with trampolining, Jennifer said, "My parents started me. I started jumping at my fifth birthday." She was 1 year old at her first competition and placed third. From there, Jennifer competed, and she has been jumping ever since.

When she's not bouncing on a trampoline, Jennifer can be found snowboarding, body boarding, and dancing. Her future plans include college after the 2000 Games, but she's not sure which school she will attend. "I'd like to study psychology and sports therapy in order to help other athletes."

When asked to describe a normal day Jennifer said, "I do strictly trampolining Monday through Friday, for two hours per session and I work out three to four times per week with Mike Boy's [194 pounds, 6'4", 210 lbs] as my personal trainer. We do work on our exact training with weights, my personal trainer will increase my flexibility. I do describe things once a week for my mother and I do get tired, but I do enjoy everything which includes sleeping or riding a bike. I love being able to do it and training for the Games as well."

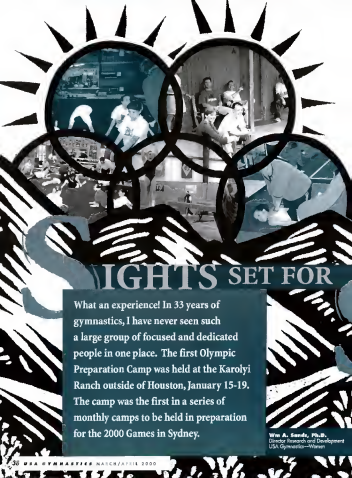
As to her parents, Jennifer's parents are very supportive. In fact, her father is a member of the International Trampoline Committee and Board of Directors. Jennifer has one sister, another who has moved with her to the states but now is into music. "She's the lead guitarist in three bands and also goes to college," said Jennifer. She also has three cats!

Jennifer Parilla is definitely bouncing to the top—leading day-to-day in an intense sport, the trampoline, as she climbs the ladder to international competitive success.

JENNIFER'S ADVICE TO BOUNCING TRAMPOLINISTS

When you compete you have to give 100%, you can't hold back. I know at times I've played it conservative and I've found that it's always best to be aggressive!





RIGHTS SET FOR

What an experience! In 33 years of gymnastics, I have never seen such a large group of focused and dedicated people in one place. The first Olympic Preparation Camp was held at the Karolyi Ranch outside of Houston, January 15-19. The camp was the first in a series of monthly camps to be held in preparation for the 2000 Games in Sydney.

Wm. A. Sands, Ph.D.
Director Research and Development
USA Gymnastics—Women

Twenty-seven National Team members, current and former, participated in four days of intense and serious training. Bela and Martha directed the camp and placed their entire complex (which has to be seen to be believed) at the disposal of USA Gymnastics. The facility and the attitudes of the participants were ideal. Gymnasts, coaches, national staff, and administrators were completely immersed in gymnastics for four full days.

The camp began with meetings of the National Staff, Bela and Martha, and USA Gymnastics the evening before the athletes arrived. From the first meeting it was clear that everyone was not only on the same page, but quoting each other's line and even Bela agreed again that he is the master of motivation, commitment, and world-level aspirations. Bela has enough extra energy to light a small New England town. Martha demonstrated her unrelenting focus on the tasks at hand, keeping everyone's attention on the big tasks. Her attention to detail forced everyone's thinking to converge on the main goal that we did not get lost in trivial detail and miss getting the big things right. Although it was astonishing how much discussion took place I was amazed at the constructive nature of the discussion and the sheding of personal agendas. Aspects who was

informed by economics and simple efficiency. The athletes reacted to the next Olympic Preparation Camp, in late February, as athletes there who showed the most promise from the first camp. Athletes who were not invited to the second camp will have an opportunity to be reevaluated at a future date, not determined as of the first training camp. So, not making a pass the first camp did not imply a death blow in Olympic team aspirations. However, the serious commitment of participation was made abundantly clear.

THE FIRST DAY

Gymnasts and coaches arrived by bus and via from the Russian International Airport. Training began with an orientation at 4:30 p.m. Bela opened the camp with a clear message to all involved of what we were facing, what had to be done, and how we were going to do it. Bela

had learned from their experience in Italia the month before, that they would have to increase their general stamina. Although the work was clearly hard, it was a pleasure to see the gymnasts determined to keep up with the demands. Bela is a master at bringing gymnasts to the realization that they can do better. Following the warm up, a general stretching and conditioning period was used to allow the gymnasts to prepare for the event rotations to follow. The event rotations were covered by the National Staff. Vladimir Novikov vault, Arthur Azejian bars, Vladimir Arutunov tumbling, Tanya Slego beams, recently retired 1991 World Champion Kim Zmeskal mounted on beam, Gena Puzos floor and dance. Marcell Gombosi, Martha and Bela "kissed" by moving from event to event and athletes in athletes depending on the needs of the moment.

The athletes spent only a few minutes on each rotation on the first evening. The athletes got a complete orientation, a feel of the apparatus, and the opportunity to begin to focus their minds on the tasks of the next several days.

THE SECOND DAY

Monday morning, once with a similar warm up for rotation and the athletes were then divided into groups for training. At the first meeting, the athletes experienced physical abilities tests that would be used in the first Olympic Preparation Camp. Although the workload of the tests were very only used to determine progress, not ranking, the introduction helped the athletes appreciate the need for physical preparation and the "tests" in the plan to ensure that the athletes would have to become fit.

Most of the athletes had clearly taken it upon themselves to increase their physical fitness. The enhanced performance seen in January when compared to the tests looking were encouraging. Although the athletes still have a ways to go, the results of four short weeks of training had clearly shown that the athletes and coaches had taken direction and pursued improvement. Following the physical abilities tests, the results were compiled and the athletes ranks were determined. The National Staff also ranked the athletes on each of the events and devices. Finally, an overall composite ranking was developed from which the final rankings of the athletes was determined. Following the testing, the athletes began training

with a gymnast's typical rotation system of moving groups of athletes from event to event. This type of training followed for the remainder of the camp.

THIRD AND FOURTH DAYS

The proceedings after the training were truly remarkable. Athletes and coaches worked very intensely. The National Staff's job was not to take the place of the personal coach, but to serve as an advisor and monitor for the personal coach and athletes. I have seldom seen such an open, honest, and unpretentious sharing of ideas from all coaches with all athletes, not just their own. Of course the National Staff encouraged, informed, and demonstrated at every opportunity. And, while the personal coaches were absolutely attentive to their particular athletes, they also cheered, encouraged, and helped other athletes. I think the good observations from this camp must have reached every corner of the country. I remember consciously pondering how great these kids could be if they could train like this all the way to the Games Ascending.

WHAT WE LEARNED

Being a coach-choreographer, let me begin by saying that I have seen less as managed after a training camp as I am right now (in the airport waiting for my flight). We learned that the gymnasts are indeed becoming more fit and thus be more effective in training and avoid injury. We learned that we can work together, and not just a little but a lot. I saw Floe Rayla and Tasha in a row I saw Yvonne. After look like gymnasts in again of recovering from an injury. I saw Kate Rademacher do an amazingly beautiful double jump-pike jump combination. I saw Jennifer Andon do a layout (after FROM DAVIES). Annaeche Blais almost left the gym on her last Krutets. Maloney is doing some beautiful dance work and absolutely cheaping at the bit to be 100% again. Any Coach could possibly be the real "Therapist Beyond" the locker room and continue to extend. Spies provides me from discussing of the gymnasts. We learned that the gymnasts can maintain an intense focus for four days, an unrelenting dedication to their performance, and a willingness to accept leadership.

The gymnasts are definitely headed in the right direction!

YDNEY

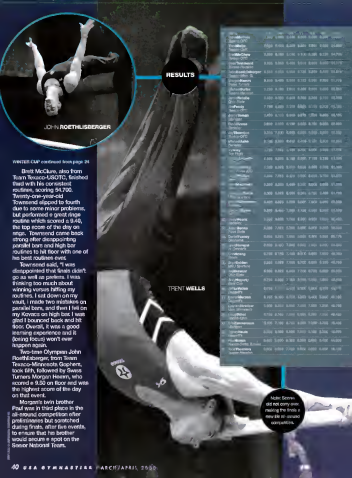
Involved in past training camps would have been "subway-chair eyes" and wondering what had happened to the old ways.

Among the goals of this first camp was to determine the status of each of the athletes' preparation for commitment to physical preparation by practice and testing, and evaluate the athletes in bring the total number down to approximately 18. The selection of the size of the group

reemphasized the poor physical preparation of the gymnasts in general and reinforced his commitment to bringing the gymnast's physical condition up to a par with world-class gymnasts. He also presented a bird's-eye view of the plan looking up to the Olympic Games and how the gymnasts will position themselves to make the team.

When the fun begins, Bela ran the gymnasts through a "warm up" that was aggressive and intense. Many red faces followed. It was clear that the gymnasts

WOMEN'S OLYMPIC PREPARATION CAMP



JOHN ROETHLISBERGER

RESULTS

WRESTLING continued from page 24

Brett McClure, also from Team Texas-LSCOTC, finished third with his consistent routines, scoring 54.755. Twenty-one-year-old Townsend slipped to fourth due to some minor problems, but performed a great ring routine which scored a 9.45, the top score of the day on rings. Townsend came back strong after disappointing parallel bars and high bar routines to hit floor with one of his best routines ever.

Townsend said, "I was disappointed that Iain didn't go as well as I prefer. I was thinking too much about winning versus hitting my routines. I sat down on my vault, I made two mistakes on parallel bars, and then I fell on my Kovacs on high bar. I was glad I bounced back and hit floor. Overall, it was a good learning experience and it [losing focus] won't ever happen again."

Two-time Olympian John Roethlisberger, from Team Texas-Minnesota Gophers, took fifth, followed by Swiss Turners Morgan Heem, who scored a 9.50 on floor and was the highest score of the day on that event.

Morgan's twin brother Paul was in third place in the all-around competition after preliminaries but scratched during finals, after five events, to ensure that his brother would secure a spot on the Senior National Team.

TRENT WELLS

Rank	Name	Age	Team	Vault	Bars	Beam	Floor	Total
1	Trent Wells	20	USA	9.40	9.00	9.25	9.55	37.20
2	John Roethlisberger	21	USA	9.35	8.95	9.20	9.40	36.90
3	Brett McClure	21	USA	9.30	8.90	9.15	9.35	36.70
4	Morgan Heem	20	USA	9.25	8.85	9.10	9.30	36.50
5	John Roethlisberger	21	USA	9.20	8.80	9.05	9.25	36.30
6	Brett McClure	21	USA	9.15	8.75	9.00	9.20	36.10
7	Morgan Heem	20	USA	9.10	8.70	8.95	9.15	35.90
8	John Roethlisberger	21	USA	9.05	8.65	8.90	9.10	35.70
9	Brett McClure	21	USA	9.00	8.60	8.85	9.05	35.50
10	Morgan Heem	20	USA	8.95	8.55	8.80	9.00	35.30
11	John Roethlisberger	21	USA	8.90	8.50	8.75	8.95	35.10
12	Brett McClure	21	USA	8.85	8.45	8.70	8.90	34.90
13	Morgan Heem	20	USA	8.80	8.40	8.65	8.85	34.70
14	John Roethlisberger	21	USA	8.75	8.35	8.60	8.80	34.50
15	Brett McClure	21	USA	8.70	8.30	8.55	8.75	34.30
16	Morgan Heem	20	USA	8.65	8.25	8.50	8.70	34.10
17	John Roethlisberger	21	USA	8.60	8.20	8.45	8.65	33.90
18	Brett McClure	21	USA	8.55	8.15	8.40	8.60	33.70
19	Morgan Heem	20	USA	8.50	8.10	8.35	8.55	33.50
20	John Roethlisberger	21	USA	8.45	8.05	8.30	8.50	33.30
21	Brett McClure	21	USA	8.40	8.00	8.25	8.45	33.10
22	Morgan Heem	20	USA	8.35	7.95	8.20	8.40	32.90
23	John Roethlisberger	21	USA	8.30	7.90	8.15	8.35	32.70
24	Brett McClure	21	USA	8.25	7.85	8.10	8.30	32.50
25	Morgan Heem	20	USA	8.20	7.80	8.05	8.25	32.30
26	John Roethlisberger	21	USA	8.15	7.75	8.00	8.20	32.10
27	Brett McClure	21	USA	8.10	7.70	7.95	8.15	31.90
28	Morgan Heem	20	USA	8.05	7.65	7.90	8.10	31.70
29	John Roethlisberger	21	USA	8.00	7.60	7.85	8.05	31.50
30	Brett McClure	21	USA	7.95	7.55	7.80	8.00	31.30
31	Morgan Heem	20	USA	7.90	7.50	7.75	7.95	31.10
32	John Roethlisberger	21	USA	7.85	7.45	7.70	7.90	30.90
33	Brett McClure	21	USA	7.80	7.40	7.65	7.85	30.70
34	Morgan Heem	20	USA	7.75	7.35	7.60	7.80	30.50
35	John Roethlisberger	21	USA	7.70	7.30	7.55	7.75	30.30
36	Brett McClure	21	USA	7.65	7.25	7.50	7.70	30.10
37	Morgan Heem	20	USA	7.60	7.20	7.45	7.65	29.90
38	John Roethlisberger	21	USA	7.55	7.15	7.40	7.60	29.70
39	Brett McClure	21	USA	7.50	7.10	7.35	7.55	29.50
40	Morgan Heem	20	USA	7.45	7.05	7.30	7.50	29.30
41	John Roethlisberger	21	USA	7.40	7.00	7.25	7.45	29.10
42	Brett McClure	21	USA	7.35	6.95	7.20	7.40	28.90
43	Morgan Heem	20	USA	7.30	6.90	7.15	7.35	28.70
44	John Roethlisberger	21	USA	7.25	6.85	7.10	7.30	28.50
45	Brett McClure	21	USA	7.20	6.80	7.05	7.25	28.30
46	Morgan Heem	20	USA	7.15	6.75	7.00	7.20	28.10
47	John Roethlisberger	21	USA	7.10	6.70	6.95	7.15	27.90
48	Brett McClure	21	USA	7.05	6.65	6.90	7.10	27.70
49	Morgan Heem	20	USA	7.00	6.60	6.85	7.05	27.50
50	John Roethlisberger	21	USA	6.95	6.55	6.80	7.00	27.30
51	Brett McClure	21	USA	6.90	6.50	6.75	6.95	27.10
52	Morgan Heem	20	USA	6.85	6.45	6.70	6.90	26.90
53	John Roethlisberger	21	USA	6.80	6.40	6.65	6.85	26.70
54	Brett McClure	21	USA	6.75	6.35	6.60	6.80	26.50
55	Morgan Heem	20	USA	6.70	6.30	6.55	6.75	26.30
56	John Roethlisberger	21	USA	6.65	6.25	6.50	6.70	26.10
57	Brett McClure	21	USA	6.60	6.20	6.45	6.65	25.90
58	Morgan Heem	20	USA	6.55	6.15	6.40	6.60	25.70
59	John Roethlisberger	21	USA	6.50	6.10	6.35	6.55	25.50
60	Brett McClure	21	USA	6.45	6.05	6.30	6.50	25.30
61	Morgan Heem	20	USA	6.40	6.00	6.25	6.45	25.10
62	John Roethlisberger	21	USA	6.35	5.95	6.20	6.40	24.90
63	Brett McClure	21	USA	6.30	5.90	6.15	6.35	24.70
64	Morgan Heem	20	USA	6.25	5.85	6.10	6.30	24.50
65	John Roethlisberger	21	USA	6.20	5.80	6.05	6.25	24.30
66	Brett McClure	21	USA	6.15	5.75	6.00	6.20	24.10
67	Morgan Heem	20	USA	6.10	5.70	5.95	6.15	23.90
68	John Roethlisberger	21	USA	6.05	5.65	5.90	6.10	23.70
69	Brett McClure	21	USA	6.00	5.60	5.85	6.05	23.50
70	Morgan Heem	20	USA	5.95	5.55	5.80	6.00	23.30
71	John Roethlisberger	21	USA	5.90	5.50	5.75	5.95	23.10
72	Brett McClure	21	USA	5.85	5.45	5.70	5.90	22.90
73	Morgan Heem	20	USA	5.80	5.40	5.65	5.85	22.70
74	John Roethlisberger	21	USA	5.75	5.35	5.60	5.80	22.50
75	Brett McClure	21	USA	5.70	5.30	5.55	5.75	22.30
76	Morgan Heem	20	USA	5.65	5.25	5.50	5.70	22.10
77	John Roethlisberger	21	USA	5.60	5.20	5.45	5.65	21.90
78	Brett McClure	21	USA	5.55	5.15	5.40	5.60	21.70
79	Morgan Heem	20	USA	5.50	5.10	5.35	5.55	21.50
80	John Roethlisberger	21	USA	5.45	5.05	5.30	5.50	21.30
81	Brett McClure	21	USA	5.40	5.00	5.25	5.45	21.10
82	Morgan Heem	20	USA	5.35	4.95	5.20	5.40	20.90
83	John Roethlisberger	21	USA	5.30	4.90	5.15	5.35	20.70
84	Brett McClure	21	USA	5.25	4.85	5.10	5.30	20.50
85	Morgan Heem	20	USA	5.20	4.80	5.05	5.25	20.30
86	John Roethlisberger	21	USA	5.15	4.75	5.00	5.20	20.10
87	Brett McClure	21	USA	5.10	4.70	4.95	5.15	19.90
88	Morgan Heem	20	USA	5.05	4.65	4.90	5.10	19.70
89	John Roethlisberger	21	USA	5.00	4.60	4.85	5.05	19.50
90	Brett McClure	21	USA	4.95	4.55	4.80	5.00	19.30
91	Morgan Heem	20	USA	4.90	4.50	4.75	4.95	19.10
92	John Roethlisberger	21	USA	4.85	4.45	4.70	4.90	18.90
93	Brett McClure	21	USA	4.80	4.40	4.65	4.85	18.70
94	Morgan Heem	20	USA	4.75	4.35	4.60	4.80	18.50
95	John Roethlisberger	21	USA	4.70	4.30	4.55	4.75	18.30
96	Brett McClure	21	USA	4.65	4.25	4.50	4.70	18.10
97	Morgan Heem	20	USA	4.60	4.20	4.45	4.65	17.90
98	John Roethlisberger	21	USA	4.55	4.15	4.40	4.60	17.70
99	Brett McClure	21	USA	4.50	4.10	4.35	4.55	17.50
100	Morgan Heem	20	USA	4.45	4.05	4.30	4.50	17.30

Morgan Heem did not compete in the final all-around competition.

Hamm's coach Stacy Maloney said, "Our main goal for this meet was to help Morgan make the Senior National Team. We knew it would be pretty close for Morgan to be in the top 10 and within the top three guys who were not already on the team, so we made the decision to put Paul off of his first event."

Maloney talked about both Paul and Morgan's performances and said, "We did better than we expected. At this point in our training we weren't completely ready for routines. We're trying to upgrade our routines and increase our strength. I never imagined that Morgan would take sixth all-around. That was great And Paul did well too. We were happy with the progress we've made since Championships."

Rounding out the top 10 includes Team Tesaco-Houston's Mike Dutra in seventh, Ohio State's Jamie Natale in eighth, Team Tesaco-OTC's Jim Flood in ninth and Tomsen in 10th.

Individual event champions of the Winter Cup Challenge were crowned Friday night. Townsend won both floor and vault scoring 9.500 and 9.600 for his front handspring double front. McClure was the pommel horse with a 9.750 while Brigham Young University senior Courtney Brannwell won rings with a 9.85. Brannwell is also the 1999 NCAA Ring Champion. Townsend and Tomsen tied for first place in parallel bars with a score of 9.600 each, and Berkeley's David Kruse was the horizontal bar champion with a 9.600.

Team Tesaco-USOTC's Blake Wilson, four-time defending national champion and fourth place all-around finisher at the 1999 World Championships, did not compete in the Winter Cup Challenge, as he is still recovering from shoulder surgery.

JEFF MCCLURE

MORGAN HAMM

SEAN TOWNSEND

Cash prizes were awarded to the top six all-around finishers, with \$5,000 going to the all-around champion. Individual event medalists received prize money, with \$100 for the winner of each of the six events.

Continued from page 4

Gymnastics in Jacksonville, Fla., Marinova is working to secure her U.S. citizenship for which she will be eligible to acquire this year.

Despite rhythmic fans are probably wondering "what happened in Austin Howard?" Current Senior National Champion Howard, who is also the teenage sister of Marinova, was sidelined by injury and unable to participate in the event. USA Gymnastics Rhythmic Program Director Jan Inner said, "The USOPG medical staff informed me that they expect Austin to have a short recovery period from this injury and that she should be able to fulfill her spring international competitive schedule."

ounding out the top three in the senior division was Stephanie Croyle who trains at Rhythmic in Rogersville, Mo. Croyle scored a 37.602 and earned her highest ranking to date on the national team.

1999 Junior National Champion Lindsay Powell took fourth with a 37.600, in her first senior re-ranking event. Kate Jeffress was fifth with 37.438, Natalie Iannotta was sixth with 37.403, Elise Takahashi was seventh with 36.771 and Belle Isaac was eighth with a 36.383.

The Rhythmic Challenge serves to re-fuel the junior and senior national team members from the previous year's national championships and also facilitates advancement of the top athletes for upcoming international competitions.

With the top four juniors from the 1999 National Championships moving up to the senior level for the Rhythmic Challenge, this left just four athletes competed in that division. Junior Brown Stacker of Illinois Rhythmic took top honors, just .35 ahead of Vasylyna Jampolsky of North Rhythmic, Gymnastics Training Center. The future looks bright with these four strong athletes with many more eager to join them on the Junior National Team at the 2000 Rhythmic National Championships.

2000 RHYTHMIC CHALLENGE

Tatyana
BEIKULSKAYA

Kate
JEFFRESS

Senior Results

	Rope	Rope	Ball	Globe	All
1. Mita Marinova	9.453	9.500	9.533	9.708	38.194
2. Tatyana Beikulsaya	9.395	9.487	9.487	9.475	38.193
3. Stephanie Croyle	9.308	9.393	9.487	9.517	38.105
4. Lindsay Powell	9.300	9.450	9.575	9.515	38.040
5. Kate Jeffress	9.421	9.385	9.308	9.358	37.468
6. Natalie Iannotta	9.390	9.410	9.410	9.317	37.427
7. Elise Takahashi	9.074	9.378	9.390	9.387	36.771
8. Belle Isaac	9.300	9.325	9.375	9.383	36.383
9. Marissa Pearce	9.046	9.486	9.187	9.071	36.779
10. Erin Jeffress	9.397	9.346	9.183	9.060	36.726
11. Danielle Lay	9.045	9.388	9.417	9.103	36.151



The new all-around challenge is a new twist, and one the most all-around athletes in the world, Stefanie Croyle, is the perfect example.

T

his peer's Rhythmic Challenge added an additional component with the Rhythmic International. More than 70 gymnasts from 22 clubs participated in the Invitational, which was of Level 8, Level 9/10 Junior and Level 9/10 Senior competition. The level of competition was strong and offers hope in building the much needed depth within the upper levels of the rhythmic gymnastics competitive program.

Stefanie
CROYLE

S

Brenann
STACKER

J

Junior
Results

	Bar	Vault	Beam	Uneven Bars	AA
1. Stefanie Croyle	5.917	5.917	5.917	5.917	10.554
2. Brenann Stacker	5.750	5.750	5.883	5.750	10.504
3. Lindsey Powell	5.583	5.583	5.583	5.583	10.553
4. Emily Davidson	5.417	5.417	5.417	5.417	10.500

Lindsey
POWELL



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BOOY BAUNCE continued from page 71

THE TWO-MINUTE TURN-AROUND TO BEAT THE BEAST

Now we will practice the two minute turn-around to beat the Beast. First get a piece of paper. Fold the paper in half with two columns. Label one column "Beast thoughts" and the other column "Vision thoughts." Under the Beast column write every negative thought that comes into your head when you are feeling afraid and negative. Don't leave anything out. These thoughts might be negative statements you tell yourself ("you'll never get this, you may as well give up," or "I can't do it"), or feelings ("I feel a brick wall out just can't break through it"). After you write down all your Beast statements, write your comebacks to the Beast under the Vision column. Be sure you have more Vision statements than Beast statements. Your Vision needs to be strong and powerful. Some examples of strong Vision statements are, "I can do it, don't listen to this," "I can turn this bad day around," "Beastie, trouble my cousin," "I know I can do it," "For Beast this Beast 1,000 times... I'm going to ignore it."

Now that you have written your Beast and Vision thoughts, we will practice the Two-Minute Turn-Around. To practice the Two-Minute Turn-Around, we will use the code **S, B, & G**, to change your Beast Thoughts into Vision Thoughts. **STOP, GO!** is a very powerful tool. Here's what it stands for:

- S** stands for **STOP!** As you notice any Beast thought the first thing you do is say to yourself **STOP!**
- B** stands for **BREATHE!** Remember, breathing gets you into the present, not stuck in past or future fear thoughts. After you say "Stop" inside your head, the next thing you do is take a deep breath.
- V** stands for **Vision.** After you breathe, change your Beast thoughts to either Vision thoughts or neutral, motivating thoughts.
- GO!!!** Will help you energize yourself and get motivated so you can Beat Your Beast!

OK...IT'S TIME TO PRACTICE. DON'T LET FRUSTRATION RUIN YOUR DAY. PRACTICE THE TWO-MINUTE TURN-AROUND.

Close your eyes and think of your **Beast thoughts**...let the **Beast** beat you up. Do this for a few minutes. Imagine yourself having a bad day. See yourself balking, feeling frustrated, crying, or whatever typically happens on your worst days. Let your Beast thoughts get the best of you. Then, imagine yourself getting off of the event, going to get a drink (or stepping to the side of the event) and tell yourself "Stop!" and take a deep breath.

On the outside, flood yourself with **Vision thoughts** and change your thinking. That means, begin flooding yourself with your Vision thoughts. Imagine your Vision is a powerful river drowning the Beast thoughts. Flood with your Vision two times, taking a deep breath each time. Feel the difference? Changing your thoughts creates confidence! Practice this twice either at home, in the car, or before bed. This will train your mind so when you are in the gym you can flood out that mean ol' Beast anytime! Remember, changing negative thinking to positive thinking is a life-long practice. It doesn't change over night. Keep working on your mental strength as you do any new task. Practicing the Two-Minute Turn-Around helps you become mentally tough both in the gym and in your life!

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